

### 3 Health Issues

#### 1. Page Title:

Health Issues

#### 2. Anchor Links (if applicable)

#### 3. Primary Page Content

##### **Cigarette Smoking and Disease:** (Link to 3.1 Cigarette Smoking and Disease)

Cigarette smoking causes lung cancer, heart disease, emphysema and other serious diseases in smokers. Smokers are far more likely to develop serious diseases, like lung cancer, than non-smokers. There is no "safe" cigarette.

##### **Addiction:** (Link 3.2 Addiction)

Cigarette smoking is addictive. It can be very difficult to quit smoking, but this should not deter smokers who want to quit from trying to do so.

##### **Quitting Smoking:** (Link to 3.3 Quitting Smoking)

To reduce the health effects of smoking, the best thing to do is to quit; public health authorities do not endorse either smoking fewer cigarettes or switching to lower-yield brands as a satisfactory way of reducing risk.

##### **Low-Tar Cigarettes:** (Link to 3.4 Low-Tar Cigarettes)

Smokers should not assume that lower-yielding brands are "safe" or "safer" than full-flavor brands. There is no "safe" cigarette. To reduce the health effects of smoking, the best thing to do is to quit; public health authorities do not endorse either smoking fewer cigarettes or switching to lower-yield brands as a satisfactory way of reducing risk.

##### **Secondhand Smoke:** (Link to 3.5 Secondhand Smoke)

Public health officials have concluded that secondhand smoke (also known as "environmental tobacco smoke" or "ETS") causes or increases the risk of diseases -- including lung cancer and heart disease -- in non-smoking adults, as well as conditions in children such as asthma, respiratory infections, cough, wheeze, otitis media (middle ear infection) and Sudden Infant Death Syndrome.

##### **Surgeon General Reports:** (Link to 3.6 Surgeon General Reports)

In January 11, 1964, Luther L. Terry, M.D., Surgeon General of the U.S. Public Health Service, released the first report of the Surgeon General's Advisory Committee on Smoking and Health.

Although several Surgeon General reports have been issued since, there are many years in which either no report was issued, or a supplement to an earlier report was issued in lieu of a completely new one.

In this section we have provided links to the office of the U.S. Surgeon General, plus links to the complete reports.

#### 4. Featured Content Area

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5. Internal Links

6. External Links

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